



Follow the Feelings: A Guide for Mental & Emotional Support

Our feelings are not random—they are messengers. This guide helps you 'follow the feelings' to understand what your emotions are trying to tell you, and how to respond with awareness, compassion, and care.

1. Pause and Notice

- What am I feeling right now?
- Where do I feel it in my body?
- Can I name this emotion (e.g., sad, angry, anxious, joyful)?

2. Get Curious, Not Critical

- When did I first notice this feeling?
- What happened just before it started?
- What might this feeling be trying to protect, express, or ask for?

3. Let It Be Felt

- Give yourself permission to feel without judgment.
- Take a few breaths and gently allow the feeling to be there.
- Say to yourself: "It's okay to feel this."

4. Listen for the Message

- What is this feeling trying to tell me?
- Is there a need behind this feeling (e.g., connection, safety, rest)?
- What action or shift might help me meet that need?

5. Respond with Care

- What can I do to support myself right now?
- What would I say to a friend feeling this way?
- What's one small thing I can do to feel more grounded or safe?

Remember

Feelings are not problems to fix—they are signals to follow.

The more we listen, the more we learn how to care for ourselves.